Demographics to apply to Reflective Paper

Age: 30

Phase of current adult hood: Young

Marital Status: Married

Number of children: 3

Current occupation: Medical Assistant

Key Points of course: Developmental Psychology has helped me to understand why I am the person I am today from past experiences. I came from a home with two parents and two younger siblings who were very young when they had us. They didn’t graduate college and most of their life they have been financially struggling. Now I see how important it is to make sure that I am make wise decisions through all the phases of my life. Utilizing My Virtual Life and creating a character that goes through adolescent, young, middle, and late adult-hood really was an eye opener for me. I’ve realized how important it is to establish a career, financial plan, and goals for the future (retirement). Also, staying connected in personal relationships (spouse, children, friends). Being healthy is also very important to preserve life, especially mental health.